


Northern Great Plains National Parks – Fire Management		Section: Preparedness	Revised: 4/4/2002	Number: 501
Standard Operating Procedures	Subject: Physical Fitness			Page: 1 of 1

- I. Scope:** This SOP applies to red carded personnel in the Northern Great Plains Area
- II. Purpose:** This standard was promulgated to ensure a common understanding of the physical fitness guidelines and to promote the safety of our personnel while engaged in fire management activities.
- III. Procedure:**
- A. All red carded personnel will meet the physical fitness guidelines specified in the “Wildland and Prescribed Fire Qualification Guide” (310-1).
 - B. Fitness test scores are deleted from the system on December 31 each year. A new fitness test must be passed before working on fire assignments in each calendar year.
 - C. Procedures in RM-18 and RM-57 will be followed for engaging in physical fitness training. Some of the important points are:
 - a. One hour a day of physical fitness training is authorized for full time firefighters, i.e., FIREPRO funded firefighters whose full-time duties are 100% arduous duty-related, and who qualify for early firefighter retirement.
 - b. Three hours a week of physical fitness training is authorized for red carded firefighters who are occasionally assigned firefighting duties.
 - c. Physical exams are required every 3 years.
 - d. Each person should have a physical fitness plan approved by their supervisor and the park physical fitness coordinator.
 - D. Local policy at the Wind Cave Fire Management Office includes the requirement that physical fitness must always include aerobic or weight lifting activities. Going for a walk with no extra weight does not qualify. In addition, the physical fitness activity must be performed at or near park headquarters (unless the person is in travel status) and is authorized to be done during duty hours. Employees are not authorized to, for instance, leave work early and perform the workout at home or at another physical fitness facility.